



Bring Water

Wear Comfortable Clothes & Shoes

All Employees and Levels Welcome

Butts ‘n’ Guts

Toning exercises to target the front and back sides of your

Hatha Yoga

Yoga poses and breath work to align and calm your body, mind and spirit. Bring mat or towel.

Zumba

A total body workout combining elements of dance and cardio to Latin and World rhythms.

Core Strength

Basic core exercises to improve your balance and sta-

Cardio Strength Training

Cardio and body weight exercise designed to tone upper & lower body. Bring mat or towel.

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Times of all classes: 12:10pm - 12:50pm Fitness Class Punch Card* – 4 classes \$10 or 10 classes \$20 , drop-in rate \$3 per class (can purchase punch card and pay for drop-in class with instructor, cash only, exact change).				
3	4	5	6	7
Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th Floor Open Area 150 W. Congress Yoga (FREE) Main Library Lower level Conference Rm	Zumba Teacher: Andrea Salcido Admin West 5th Floor Open Area 150 W. Congress Meditation (FREE) Main Library 1 st Fl. Children’s Room	Fitness DVD’s available for use Admin West 5th Floor Open Area 150 W. Congress Yoga (FREE) Main Library Lower level Conference Rm	Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th Floor Open Area 150 W. Congress	Butts ‘n’ Guts Teacher: Lorey Pro Admin West 5th Floor Open Area 150 W. Congress Power Yoga Public Works 201 N. Stone, B-level Conf Rm
10	11	12	13	14
Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th Floor Open Area 150 W. Congress Yoga (FREE) Main Library Lower level Conference Rm	Zumba Teacher: Andrea Salcido Admin West 5th Floor Open Area 150 W. Congress Meditation (FREE) Main Library 1 st Fl. Children’s Room	Fitness DVD’s available for use Admin West 5th Floor Open Area 150 W. Congress Yoga (FREE) Main Library Lower level Conference Rm	Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th Floor Open Area 150 W. Congress	Hatha Yoga Teacher: Naveena Khattri Admin West 5th Floor Open Area 150 W. Congress Power Yoga Public Works 201 N. Stone, B-level Conf Rm
17	18	19	20	21
Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th Floor Open Area 150 W. Congress Yoga (FREE) Main Library Lower level Conference Rm	Zumba Teacher: Andrea Salcido Admin West 5th Floor Open Area 150 W. Congress Meditation (FREE) Main Library 1 st Fl. Children’s Room	Fitness DVD’s available for use Admin West 5th Floor Open Area 150 W. Congress Yoga (FREE) Main Library Lower level Conference Rm	Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th Floor Open Area 150 W. Congress	Zumba Teacher: Lia Hayden Admin West 5th Floor Open Area 150 W. Congress Power Yoga Public Works 201 N. Stone, B-level Conf Rm
24	25	26	27	28
Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th Floor Open Area 150 W. Congress Yoga (FREE) Main Library Lower level Conference Rm	Zumba Teacher: Andrea Salcido Admin West 5th Floor Open Area 150 W. Congress Meditation (FREE) Main Library 1 st Fl. Children’s Room	Fitness DVD’s available for use Admin West 5th Floor Open Area 150 W. Congress Yoga (FREE) Main Library Lower level Conference Rm	Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th Floor Open Area 150 W. Congress	Core Strength Teacher: Jennifer Lane Admin West 5th Floor Open Area 150 W. Congress Power Yoga Public Works 201 N. Stone, B-level Conf Rm



* Instructor will punch your card so you will always know how many workouts you have left. When you’ve used all the classes on your card, please turn it in to the instructor to purchase another one. Participation is on a first-come, first-serve basis. Each fitness class has minimum and maximum participants defined. Program cancelations are determined 5 – 6 days before the session begins. Classes are subject to change based on participation and may be canceled due to low attendance. If a program is canceled, the time slot may be filled with another program. Fitness program participants will be notified via e-mail if a program is canceled, provided a valid e-mail address is on file with WELCOAZ. Punch cards cannot be returned. Punch cards cannot be shared. Punch cards will not be accepted if they are cut or ripped in half. A fee of \$10 will be applied for a lost card. Punch cards expire 6 months from the date of purchase. Some classes are free - See class schedule.

